

Act **FAST** at the first sign of **STROKE**



Know the signs of stroke:

F

Face droops on one side

Does one side of the face droop? Is it numb? Ask the person to smile. Is the smile uneven?

A

Arm weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift?

S

Speech difficulty

Is speech slurred? Ask the person to repeat a simple sentence, like "The sky is blue." Are any of the words wrong or hard to understand?

T

Time to call 9-1-1

If someone shows any of these signs, call 9-1-1 right away. Check the time so you know when the symptoms first appeared.



FAST Access to Stroke Care



NORTH DAKOTA
DEPARTMENT of HEALTH

ndhealth.gov/heartstroke



American Heart Association | American Stroke Association

StrokeAssociation.org

Who is the North Dakota Stroke System of Care?

- Hospitals of all sizes, EMS community, 911 dispatch, Neurologists & other specialty physicians, CAH Directors of Nursing, Hospital Stroke Coordinators, AHA, Department of Health, UND Center for Rural Health, ND Dept of Health, and ND Elected Officials

What does it do?

- Provides a platform for statewide work that can get the patient to definitive care as soon as possible, with the capacity to support new care standards.

What's been accomplished?

- Eligible stroke victims receiving clot busting drugs increased from 30.9% in 2010 to 80.9% in 2013
- 5 of 6 tertiary hospitals have achieved Primary Stroke Center status, and the 6th is almost there
- Field training tools and training of EMS providers
- Consensus acute stroke treatment guidelines for patients being transported from rural hospitals
- Development of training tools for rural facilities, EMS and tertiary partners on stroke care
- EMS Medical Director support for ND EMS services (contracted)
- Statewide hospital registry for case review of acute care delivered in ND compared to national standards, nationwide performance data
- Just arrived – public education campaign to encourage activating emergency stroke care by dialing 9-1-1

What's the work ahead?

- Development of regional transport plans based on hospital designation/capabilities
- Targeting the leading risk factor for stroke – high blood pressure –
 - 81% of ischemic strokes are under age 85, with 1/3 of those strokes under age 65
 - Only 1% of those ND hypertension cases were being treated prior to stroke for high blood pressure
- Continued education/regional work for improving upon care measures/performance
- More timely activation of 9-1-1 so that EMS can initiate care sooner
- Improved EMS data run platform, data exchange with hospital care providers
- Expanded care through tele-stroke services
- Addressing growing trend of younger stroke victims and access to rehabilitative services.
- Acute Stroke Ready Hospital designation for critical access hospitals in the state of North Dakota